I claim:

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1. A composition for disinfecting a contact lens comprising an effective disinfecting amount of hydrogen peroxide and a surfactant comprising a low-foaming or non-foaming copolymer of hydrophobe and hydrophile blocks of the structure:

$$HO$$
 — (hydrophobe)_x — (hydrophile)_y — (hydrophobe)_x — HO — (hydrophile)_y — (hydrophile)_y — HO — (hydrophile)_y — HO

wherein x and y are integers reflecting the respective hydrophile and hydrophobe blocks of said copolymer; and the hydrophile component of the block copolymer constitutes less than 50 weight percent of the block copolymer.

- 2. A composition for disinfecting a contact lens as claimed in Claim 1, wherein said hydrophile is polyoxyethylene.
- 3. A composition for disinfecting a contact lens as claimed in Claim 2, wherein said hydrophobe is polyoxypropylene.
- 4. A composition for disinfecting a contact lens as claimed in Claim 3, wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of less than 1 mm.
- 5. A composition for disinfecting a contact lens as claimed in Claim 4, wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of about 0 mm.
- 6. A composition for disinfecting a contact lens as claimed in Claim 1, wherein the hydrophile constitutes from about 10 to 50 weight percent of the block copolymer.
- 7. A composition for disinfecting a contact lens as claimed in Claim 6, wherein the hydrophile constitutes about 40 weight percent of the block copolymer.
 - 8. A composition for disinfecting a contact lens as claimed in Claim 1, wherein the molecular weight of the hydrophobe block is from about 1200 and about 3100.

- 9. A composition for disinfecting a contact lens as claimed in Claim 8, wherein the molecular weight of the hydrophobe is from about 1000 and about 2500.
- 10. A composition for disinfecting a contact lens as claimed in Claim 9, wherein the molecular weight of the hydrophobe is approximately 1700.
- 11. A composition for disinfecting a contact lens as claimed in Claim 1, wherein said surfactant is present in the range of about 0.005% to about 0.8%.
- 12. A composition for disinfecting a contact lens as claimed in Claim 11, wherein said surfactant is present in the range of about 0.01% to about 0.5%
- 13. A composition for disinfecting a contact lens as claimed in Claim 12, wherein said surfactant is less than 0.1% by weight of the solution.
 - 14. A composition for disinfecting a contact lens comprising an aqueous solution of an effective disinfecting amount of hydrogen peroxide and a polyoxyethylene/polyoxypropylene block copolymer having the structure:

$$\begin{array}{c} \mathsf{CH_3} \\ \mathsf{HO} - \left(-\mathsf{CH}\cdot\mathsf{CH_2}\mathsf{O} - \right)_{\mathsf{X}} \left(-\mathsf{CH_2}\mathsf{CH_2}\mathsf{O} - \right)_{\mathsf{y}} \left(-\mathsf{CH_2}\mathsf{CH}\cdot\mathsf{O} - \right)_{\mathsf{x}} - \mathsf{H} \end{array}$$

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wherein x and y are integers reflecting the respective polyethylene oxide and polypropylene oxide blocks of said copolymer; and the polyoxyethylene component of the block copolymer constitutes less than 50 weight percent of the block copolymer;

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- wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of less than 1 mm.
- 15. A composition for disinfecting a contact lens as claimed in Claim 14, wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of about 0 mm.
- 16. A composition for disinfecting a contact lens as claimed in Claim 15, wherein the polyoxyethylene component of the block copolymer constitutes about 40 weight percent of the block copolymer.
 - 17. A composition for disinfecting a contact lens as claimed in Claim 14, wherein the molecular weight of the polyoxypropylene block is from about 1200 and about 3100.

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- 18. A composition for disinfecting a contact lens as claimed in Claim 17, wherein the molecular weight of the polyoxypropylene block is approximately 1700.
- 19. A composition for disinfecting a contact lens as claimed in Claim 14, wherein said surfactant is present in the range of about 0.005% to about 0.8%.
 - 20. A composition for disinfecting a contact lens as claimed in Claim 21, wherein said surfactant is less than 0.1% by weight of the solution.
 - 21. A composition for disinfecting a contact lens as claimed in Claim 14, wherein hydrogen peroxide is present in a concentration of about 0.5% to about 6% by weight.
 - 22. A composition for disinfecting a contact lens as claimed in Claim 21, wherein hydrogen peroxide is present in a concentration of 2% to 6% by weight.
 - 23. A composition for disinfecting a contact lens as claimed in Claim 21, further comprising a hydrogen peroxide stabilizer; wherein said stabilizer comprises a diphosphonic acid alkanol.
 - 24. A composition for disinfecting a contact lens as claimed in Claim 23, wherein said stabilizer comprises diethylene triamine penta-(methylenephosphonic acid) or a occularly compatible salt thereof; wherein said stabilizer is about 0.006 and about 0.02% by weight of the composition.
- 20 25. A composition for disinfecting a contact lens as claimed in Claim 22, further comprising a buffer to maintain said composition at a pH of about 4 to about 9.
 - 26. A composition for disinfecting a contact lens as claimed in Claim 25, wherein said buffer is selected from the group consisting of basic acetates, phosphates, borates, nitrates, sulfates, tartrates, lactates, carbonates, bicarbonates, and mixtures thereof; wherein said buffer is present in the range of 0.001% to 2%.
 - 27. A composition for disinfecting a contact lens as claimed in Claim 26, wherein said phosphate buffer is selected from the group consisting of monobasic phosphates, dibasic phosphates, and mixtures thereof; wherein said phosphate buffer is present in the range of from about 0.05% to about 0.30%.

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- 28. A composition for disinfecting a contact lens as claimed in Claim 27, further comprising a tonicity component to provide the solution with a tonicity of from 50 to 400 mosmol/kg; wherein said tonicity component is selected from the group consisting of water soluble salts compatible with ocular tissue.
- 5 29. A composition for disinfecting a contact lens comprising an aqueous solution of:

hydrogen peroxide;

a buffer compatible with ocular tissue;

a hydrogen peroxide stabilizer comprising a diphosphonic acid alkanol;

a tonicity component; and

polyoxyethylene/polyoxypropylene block copolymer having the structure:

$$\begin{array}{c} \mathsf{CH_3} & \mathsf{CH_3} \\ \mathsf{HO} - \left(-\mathsf{CH}\cdot\mathsf{CH_2O} - \right)_{\mathsf{X}} \left(-\mathsf{CH_2CH_2O} - \right)_{\mathsf{y}} \left(-\mathsf{CH_2CH_2O} - \right)_{\mathsf{x}} - \mathsf{H} \end{array}$$

wherein x and y are integers reflecting the respective polyethylene oxide and polypropylene oxide blocks of said copolymer.

- 15 30. A composition for disinfecting a contact lens as claimed in Claim 29, wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of about 0 mm.
 - 31. A composition for disinfecting a contact lens as claimed in Claim 30, wherein the polyoxyethylene component of the block copolymer constitutes less than 50 weight percent of the block copolymer.
 - 32. A composition for disinfecting a contact lens as claimed in Claim 30, wherein said stabilizer comprises diethylene triamine penta-(methylenephosphonic acid) or a occularly compatible salt thereof and is present in the composition in an amount between about 0.001 and about 0.03% by weight of the solution.
 - 33. A composition for disinfecting a contact lens as claimed in Claim 30, wherein said buffer is selected from the group consisting of sodium dibasic phosphate (Na_2HPO_4), sodium monobasic phosphate (NaH_2PO_4), potassium monobasic phosphate (KH_2PO_4), and mixtures thereof; and said phosphate buffer is present in the range of from about 0.05% to about 0.30%.

- 34. A composition for disinfecting a contact lens as claimed in Claim 30, wherein said tonicity component is sodium chloride and provides said solution with a tonicity of from 250 to 350 mosmol/kg.
- 35. A composition for disinfecting a contact lens as claimed in Claim 29, comprising from 2 to 6% hydrogen peroxide; and between 0.01% and 0.10% polyoxyethylene/polyoxypropylene block copolymer;

wherein the polyoxyethylene component of the block copolymer constitutes about 40 weight percent of the block copolymer; and

wherein the molecular weight of the polyoxypropylene block of the copolymer is approximately 1700.

- 36. A method of disinfecting a contact lens comprising the steps of:
- (a) contacting a contact lens with an aqueous solution of an effective disinfecting amount of hydrogen peroxide and a polyoxyethylene/ polyoxypropylene block copolymer having the structure:

$$\begin{array}{c} \mathsf{CH_3} \\ \mathsf{HO} - \left(-\mathsf{CH}\cdot\mathsf{CH_2}\!\mathsf{O} - \right)_{\mathsf{x}} \left(-\mathsf{CH_2}\!\mathsf{CH_2}\!\mathsf{O} - \right)_{\mathsf{y}} \left(-\mathsf{CH_2}\!\mathsf{CH}\cdot\mathsf{O} - \right)_{\mathsf{x}} + \mathsf{H} \end{array}$$

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wherein x and y are integers reflecting the respective polyethylene oxide and polypropylene oxide blocks of said copolymer; and the polyoxyethylene component of the block copolymer constitutes less than 50 weight percent of the block copolymer;

wherein said block copolymer has a Ross-Miles foam height (ASTM designation D-1173-53; 0.1%, at 50°C) of less than 1 mm; and

- (b) neutralizing said hydrogen peroxide by catalytic decomposition.
- 37. A method of disinfecting a contact lens as claimed in Claim 36, wherein said step of neutralizing comprises contacting said solution with a metal catalyst.
- 25 38. A method of disinfecting a contact lens as claimed in Claim 37, wherein the lens is ready for insertion into the eye without a step of manually rubbing the lens.